








<p>Health and Wellbeing</p> <p>PEPAS</p> <p>(Physical Education, Physical Activity and Sport)</p>	<p>Construct a collage about keeping safe in different situations e.g. playing outside.</p> 	<p>Ask a parent to search on YouTube for the NHS Handwashing song. Enjoy singing along to it while washing your hands to keep germs away.</p> 	<p>Create a 'Keeping Safe' floorbook, displaying pictures of children behaving safely, people who keep them safe and safe places.</p> 																																	
<p>Talk about what you would do in an emergency situation, including when someone might phone for help using 999.</p> 	<p>Make a picture showing how to be safe around medicines.</p> 	<p>Wider World of Work- Find out about people in your community who help keep everyone safe. Draw a picture of them in their uniform and talk or write about their job.</p> 	<p>Talk about what makes you feel safe and unsafe. Practise the breathing technique you learned on Google Classroom to help you feel more relaxed.</p>																																	
<p>Design a poster encouraging children to play in a safe place.</p>	<p>Talk about safe and unsafe places to play. Give an example of an unsafe place and say how it could be made safer.</p>	<p>Play the 'Be Bright Be Seen' game on the 'Think!' Website. (www.think.gov.uk)</p> 	<p>Create a safety poster and display it in your home. It could be about keeping safe at home, in school or when out in your community.</p>																																	
<p>Go for a bike or scooter ride around your community with your parent. Wear a helmet to keep safe.</p>	<p>Make up a dance routine to your favourite song. Put on a show and perform it to your family.</p>	<p>Ask an adult to search for Cosmic Yoga on YouTube for a calming story combined with Yoga moves.</p> 	<p>Make up a game of tig e.g. Rock, Paper, Scissors Tig and choose the activity the person has to do in the game if they are caught e.g. 5 star jumps.</p>																																	
<p>Go on a walk around your community with an adult. Use the Green Cross Code to keep safe if you cross any roads.</p>	<p>Become a personal trainer for the day. Create an obstacle course/ circuit work out to do in your garden. Think about how you can maintain or improve your fitness level.</p>	<p>Ideas for Circuits-</p> <table><tr><td>Distance</td><td>Slalom</td><td>Jump the</td></tr><tr><td>Hopscotch/Hopping</td><td>Balance</td><td></td></tr><tr><td>Bicep Curls-hands from hips to shoulders</td><td>Crab Walk</td><td></td></tr><tr><td>Jumping Jacks</td><td>Bunny Jumps</td><td></td></tr><tr><td>Jog on the Spot</td><td>Plank</td><td></td></tr><tr><td>Speed Bounce</td><td>Hula Hoop</td><td></td></tr><tr><td>Shuttle Runs</td><td></td><td></td></tr></table>	Distance	Slalom	Jump the	Hopscotch/Hopping	Balance		Bicep Curls-hands from hips to shoulders	Crab Walk		Jumping Jacks	Bunny Jumps		Jog on the Spot	Plank		Speed Bounce	Hula Hoop		Shuttle Runs			<table><tr><td>Step Ups</td><td>Bounce & Catch</td></tr><tr><td>Ball Hold</td><td>Dribble the Ball</td></tr><tr><td>Squat against the Wall</td><td>Ball Pass</td></tr><tr><td>Leg/ Arm Lift</td><td>Bounce Tig</td></tr><tr><td>Calf Raises (toes on the floor, lift your heels off the floor)</td><td>Square Jump</td></tr><tr><td>Bean Bag Hold & Circular Arm Movements</td><td>Dish Arch</td></tr></table>	Step Ups	Bounce & Catch	Ball Hold	Dribble the Ball	Squat against the Wall	Ball Pass	Leg/ Arm Lift	Bounce Tig	Calf Raises (toes on the floor, lift your heels off the floor)	Square Jump	Bean Bag Hold & Circular Arm Movements	Dish Arch
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In Health & Wellbeing and PEPAS we are learning how to keep SAFE within a Healthy Lifestyle. We are also covering Athletics and Fitness. This grid can be used to enhance your child's experience of these aspects of Health & Wellbeing and PEPAS.